



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HELPING YOU REACH YOUR RESULTS

Personal Training

YMCA OF METROPOLITAN MILWAUKEE

Make a commitment to your health! Our certified personal trainers are ready to help you gain confidence and get results. Whether you're looking to build strength, feel less stressed, reduce body fat, or improve endurance, we'll provide the guidance and support you need to succeed.



Want to find your perfect fit?

Request a FREE consultation at YMCAMKE.org/Personal-Training.

1-on-1 Personal Training

TIER 1 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$232/Member	\$120/Member
8 SESSIONS	\$450/Member	\$232/Member
12 SESSIONS	\$633/Member	\$318/Member
TIER 2 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$248/Member	\$130/Member
8 SESSIONS	\$480/Member	\$248/Member
12 SESSIONS	\$675/Member	\$348/Member
TIER 3 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$260/Member	\$140/Member
8 SESSIONS	\$510/Member	\$260/Member
12 SESSIONS	\$717/Member	\$372/Member
TIER 4 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$290/Member	\$150/Member
8 SESSIONS	\$544/Member	\$290/Member
12 SESSIONS	\$765/Member	\$399/Member

Team Training (2+ People)

TIER 1 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$140/Member	\$80/Member
8 SESSIONS	\$260/Member	\$140/Member
12 SESSIONS	\$363/Member	\$186/Member
TIER 2 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$150/Member	\$88/Member
8 SESSIONS	\$280/Member	\$150/Member
12 SESSIONS	\$390/Member	\$204/Member
TIER 3 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$160/Member	\$96/Member
8 SESSIONS	\$298/Member	\$160/Member
12 SESSIONS	\$414/Member	\$222/Member
TIER 4 TRAINER	60-MIN.	30-MIN.
4 SESSIONS	\$180/Member	\$104/Member
8 SESSIONS	\$334/Member	\$180/Member
12 SESSIONS	\$465/Member	\$240/Member

RITE-HITE FAMILY YMCA 414-354-9622 | **BRISCOE FAMILY YMCA WELLNESS CENTER** 414-224-9622

Personal training is available for members ages 12 & up. In-person and virtual training options are available. Prepaid package sessions expire 6 months after the date of purchase. 60-minute sessions cannot be split into 30-minute sessions. Sessions are non-refundable. Pricing is per person. Prices subject to change.